

# Get on a Healthy Track with the Good Health Club

Just add these simple tips into your routine!

# 5

## Stretch

This tall, cool gal is here to say, "Eat five fruits and veggies every day!"

- Give kids 5 servings of fruits and vegetables every day.
- Prepare more meals at home, as a family.
- Prevent diabetes, heart disease and many forms of cancer with a diet rich in fruits and veggies.



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## Hoot

Hoot's wise advice is to get out and play, "Turn off the TV and computer—get moving today!"

- Limit screen time (TV, video games, computers) to 2 hours or less per day.
- Avoid putting a TV in your child's bedroom.
- Encourage children to be physically active before allowing screen time.



## Spark

Spark has just one rhyme she likes to say, "Take an hour each day to go out and play!"

- Get at least 1 hour of physical activity each day.
- Plan family walk time after dinner.
- Encourage kids to join a school sports team, club or dance class.



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## Flip

This thirsty frog says what he thinks, "Stick with water and skip the sweet drinks!"

- Avoid serving soft drinks or sweetened drinks to kids.
- Encourage water between meals because it helps kids feel full.
- Add fruit like lemons or limes to your water for better flavor.



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All you have to do is follow their examples!  
Get in on the action and talk to your doctor to learn  
how you can be healthy every day.

Good Health  
Club 



Independence  
Blue Cross

Independent licensee of the  
Blue Cross and Blue Shield Association.